CONCEPT NOTE

WEST AFRICA PILOT TRAINING OF TRAINERS
Flour fortification planning, implementation, and monitoring

19-23 September 2016
Abuja, Nigeria
Background and Rationale:

Micronutrients are vitamins and minerals, such as folic acid and iron, which are needed in small amounts for the human body to function optimally. Most micronutrients are not produced by the body and so must be consumed via food or as supplements. In Sub-Saharan Africa, micronutrient malnutrition is prevalent due to a variety of factors, such as poverty, droughts, and disease. Micronutrient deficiencies are not often apparent until the deficit of a particular vitamin or mineral is significant. For this reason, micronutrient malnutrition is sometimes called “hidden hunger”.

The social and economic costs of micronutrient malnutrition can be extensive, including devastating birth outcomes for pregnant women and babies, impaired neurological development in young children, and reduced work capacity among adults. To decrease the risk of future cases of micronutrient malnutrition and to address existing deficiencies among populations, many countries have introduced flour fortification as part of a multi-faceted nutrition approach. Flour fortification is adding critical micronutrients to flour during the milling process. This initiative increases the nutrient density of flour and flour-based products for consumers.

It is recommended for national governments to mandate flour fortification through legislation. A national flour fortification program is more easily monitored than a voluntary or targeted initiative, and at-scale it is designed to create a true population-wide health impact.

Around the world, 85 countries have legislation requiring at least one type of wheat flour to be fortified with iron and/or folic acid. Virtually all West African countries mandate wheat flour fortification, making the region a leader in this public health initiative. Additionally, to simplify flour fortification for the industry and facilitate interstate trade, country leaders in West Africa are working towards adopting a regional flour fortification standard.

This pilot training of trainers (TOT) is intended as the initial step towards building a new generation of fortification experts who will possess the knowledge and commitment to independently advise and train flour fortification stakeholders, both locally and beyond.

This event is considered a pilot for the following reasons:
1. A new training manual will serve as the foundation for instruction.
2. The event incorporates a variety of teaching techniques, which are designed to facilitate knowledge retention and a better understanding of key concepts.
3. The majority of the participants selected for this event will have teaching, facilitating, training, or consulting experience. They will actively participate in the event with the intention to become fortification specialists, but they will be able to provide constructive feedback on the teaching techniques as well. The
rest of the participants will be experts on topics related to fortification. Their input on the content of the training will be valuable.

As a pilot, the intention is to keep the participant group small to promote significant interaction between the trainers and the trainees. Feedback received during the event will be used to further develop the manual and improve the relevance and practical application of future fortification-based TOTs in Africa and worldwide.

**Goal:**
The overarching goal of this event is to increase the capacity of flour fortification stakeholders in Africa to plan for, implement, and monitor well-developed, feasible, and efficient flour fortification programs.

The pilot TOT helps to accomplish that goal by providing initial preparation to future trainers who aim to become fortification specialists.

To build this core group of trainers, we will:
1. Offer an online course as pre-work for trainees; this ensures that all participants arrive to the TOT event with a basic understanding of fortification and monitoring.
2. Engage participants using multiple teaching methods to make the TOT material accessible and retainable by people with various learning style preferences and backgrounds.
3. Train participants on the following topics: fortification and monitoring basics, multi-sector alliances, legislation and standards, premix, monitoring plans, equipping a mill for fortification, internal monitoring, and external monitoring.
4. Encourage communication and teamwork among participants through knowledge sharing, group work, and practical experiences; a strong rapport among group members will facilitate future collaboration as well.
5. Provide each participant with a training manual to guide his or her training efforts.

**Participants:**
This TOT event is open to a maximum of 15 participants. It is geared towards those who fulfill all or most of the following criteria.

Participants should:
1. Reside in West Africa¹
2. Be proficient in English (there will be no interpreters at the event)
3. Have experience teaching, facilitating, or training groups

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¹ Benin, Burkina Faso, Cape Verde, Cote D'Ivoire, Gambia, Ghana, Guinea, Guinea Bissau, Liberia, Mali, Niger, Nigeria, Senegal, Sierra Leone and Togo
4. Have in-depth knowledge of one or more of the following: food fortification, flour milling, food technology, food inspection, or food standards
5. Have schedules that permit periodic travel [to provide counsel or trainings to fortification stakeholders]
6. Be comfortable speaking in front of a group
7. Be highly motivated; a self-starter
8. Appreciate learning

Expenses:
Expenses related to attending the event (air and/or ground transportation to/from the venue in Abuja, accommodations, and meals) will be covered for 10 participants. An additional five participants who are self-funded or sponsored by other organizations or companies may also be registered for the TOT. Fees associated with enrollment in the online course (pre-work) will be covered for all 15 trainees.

Event Contributors:
This event is organized by the Food Fortification Initiative (FFI), and Helen Keller International (HKI) with financial support from the United States Agency for International Development (USAID).